

# Macaroni and Cheese with Ham

Meal Components: Grains, Meat / Meat Alternate

Main Dishes, D-20A

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched elbow macaroni	1 lb 5 oz	1 qt 1 cup	2 lb 10 oz	2 qt 2 cups	<b>1.</b> Cook macaroni in boiling water until firm-tender, 8 minutes. Drain well.  <b>2.</b> Melt margarine or butter in a stock pot or sauce pan.  <b>3.</b> Combine flour, salt, dry mustard, pepper, and paprika in a bowl. Add to the margarine or butter. Cook for 2 minutes over medium heat, stirring continuously. Do not brown.
Margarine or butter	6 oz	3/4 cup	12 oz	1 1/2 cups	
Enriched all-purpose flour	6 oz	1 1/4 cups 2 Tbsp	12 oz	2 3/4 cups	
Salt		2 1/2 tsp		1 Tbsp 2 tsp	
Dry mustard		1 1/2 tsp		1 Tbsp	
Ground black or white pepper		1/2 tsp		1 tsp	
Paprika		1 1/2 tsp		1 Tbsp	
Lowfat 1% milk or instant nonfat dry milk, reconstituted		2 qt 2 cups		1 gal 1 qt	<b>4.</b> In a stock pot or sauce pan, heat milk to a simmer. Slowly add heated milk to the flour mixture, stirring continuously. Cook until smooth

Worcestershire sauce		1 tsp		2 tsp	<b>5.</b> Add Worcestershire sauce, ham, shredded Cheddar cheese, and grated Parmesan cheese to the white sauce. Stir over low heat until cheese melts.
Cooked ham, water added, diced	12 oz	2 1/4 cups	1 lb 8 oz	1 qt 1/2 cup	
Reduced fat cheddar cheese, shredded	1 lb	1 qt	2 lb	2 qt	
Parmesan cheese, grated	3 oz	3/4 cup	6 oz	1 1/2 cups	<b>6.</b> Combine macaroni and sauce. Mix well. Place 5 lb 7 1/2 oz (2 qt 3 1/4 cups) into each pan (9" x 13" x 2") which has been lightly coated with pan release spray. For 24 servings, use 2 pans. For 48 servings, use 4 pans. Cover with lid or foil.
Enriched soft bread crumbs	3 oz	1 cup	6 oz	2 cups	<b>7.</b> Combine the bread crumbs and shredded cheddar cheese in a bowl. Sprinkle 5 1/2 oz (1 1/2 cups) over each pan.
Reduced fat cheddar cheese, shredded	8 oz	2 cups	1 lb	1 qt	<b>8.</b> Bake an additional 5 minutes, uncovered, until lightly browned. CCP: Heat to 165° F or higher.  <b>9.</b> CCP: Hold for hot service at 140° F or warmer. Cut each pan 4 x 3 (12 pieces). Portion is 1 piece.

Serving	Yield	Volume
1 piece provides the equivalent of 1 1/2 oz of cooked lean meat and the equivalent of 1 1/2 slices of bread.	<b>24 Servings:</b> 11 lb 7 oz  <b>48 Servings:</b> 22 lb 14 oz	<b>24 Servings:</b> 2 pans  <b>48 Servings:</b> 4 pans

Nutrients Per Serving					
Calories	337	Saturated Fat	6 g	Calcium	496 mg
Protein	19 g	Cholesterol	27 mg	Sodium	771 mg
Carbohydrate	34 g	Vitamin A	760 IU	Dietary Fiber	2 g
Total Fat	14 g	Iron	2 mg		